



Kingsport Senior Center News
July 2014
Volume XXII Edition 7
1200 East Center Street
Kingsport, Tennessee 37660

Senior Fest '14
July 14-July 18



Monday	Tuesday	Wednesday	Thursday	Friday
9:00- Quilt Show- Multipurpose room	9:00- Corn Hole Tournament- Gym	9:00- Civil War Reenactment- Front Lawn	9:00-11:30- Gym	9:00- "STOP" Survival Tactics for Ordinary People
9:00- Herbs and Spices for Cooking- Cafeteria	9:00- Genealogy Demo- Computer Lab	9:00- How to Make Chicken Salad Doves- Lounge	<ul style="list-style-type: none">• Sock hop• Pastry Cook-off• Hip Hop Dance by New Vision Youth with soloist Julieona Soto	9:00- Genealogy Demo- Computer Lab
9:00- Genealogy Demo- Computer lab	10:30- Renaissance Strings- Atrium	9:00- Genealogy Demo- Computer Lab	<ul style="list-style-type: none">• Wood Carving Demo - Woodshop	10:00- Pound Fit Demo- Theater
10:00- How to Attract Birds to your Yard- Card Room	11:30- Door Prizes	10:30- Magic Show- Theater	9:00- Genealogy Demo- Computer Lab	10:30- Staff Presents: "Evolution of Dance"
11:10- Happy Day Sing- ers- Atrium	1:00- Brain Games Team Qualifying	11:30- Door Prizes	11:30- Door Prizes	11:30- Door Prizes
11:30- Door Prizes		1:00- Brain Games Team Qualifying	1:00- Brain Games Team Qualifying	1:00- Brain Games Team Qualifying
1:00- Brain Games Team Qualifying- Computer lab				



Refreshments served daily.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>
Center Hours

Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon

Lynn View Senior Center Branch Site

257 Walker Street
Kingsport, TN 37665
(423) 765-9047

Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert
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392-8404

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kevinlytle@kingsporttn.gov
392-8407

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392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Hannah Baker
hannahbaker@kingsporttn.gov
765-9047

Nutrition Site Manager ~ Sona Bingham
246-8060

The Senior Center will be closed on Friday, July 4 and Saturday, July 5 for 4th of July holiday.

WELLNESS

WELLNESS SEMINARS

Treating Obstructive Sleep Apnea: Dr. Timothy R. Martin, D.D.S. will be at the Center on **Tuesday, July 1, 2014** at 12:30 pm in the Card Room. Dr. Martin has practiced Dentistry in Kingsport for 41 years. He is Board Certified in Dental Sleep Medicine, one of only two dentist in the state of Tennessee. Dr. Martin has completed a residency in dental sleep medicine at Tufts University School of Medicine in Boston. Topic of discussion will be “Treating Obstructive Sleep Apnea using a removable Oral Appliance.”: This can be for patients who snore or who have struggled to use a CPAP machine.

Restoring Life Through Tissue Research : James Byrd with Restore Life USA will be at the Center on **Tuesday, July 22, 2014** at 10:00 am in the Card Room. Topic of discussion will be “Restoring Life Through Tissue Research ”: This program will allow those who wish to donate their body for medical education and research an alternative to do so locally here in East Tennessee and Southwest VA. There is no charge to the donor or the donor family and the donor family will receive cremated remains within 30 days. We will also provide the donor family with three certified copies of the death certificate at no charge. Restore Life USA is a non profit organization (501c3) that provides human tissues for medical research and education purposes. We specialize in providing spine specimens and many types of orthopedic tissue specimens to researchers and educators. For more information visit: <http://www.restorelifeusa.org/home> .

Untreated Hearing Loss: Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, August 14, 2014** in the Card Room at 9:00 am. Dr. Runyan will be doing free hearing test for any member interested in getting their hearing tested. Stop by the office and sign up for an appointment starting on Thursday, July 10, 2014, walk-ins are welcome.

Flu Vaccine Clinic: Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Thursday, September 9, 2014** from 8:30 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices of the vaccines are:

- **Influenza: \$25.99**
- **Pneumonia: \$85.00**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the Center at 8:15 am on **Thursday, July 31, 2014**. Cost of transportation is \$8.00 per person payable when you sign up. The rental fee for rafting is \$27.00 each (cash only) payable before we depart. Please bring the correct amount, we will not have any change. We need a minimum of 16 to sign up in order for trip to go. Lunch is on your own at Ruby Tuesday’s. We will White Water Raft the Upper Pigeon River which offers 60 plus rapids that include class III and IV whitewater. Be sure to bring a change of clothes, shoes, and a towel for after the trip; you will get wet! Foot protection is required, you will need old shoes or sandal’s that go around your ankle. **NOTE:** Flip flops are not allowed on the river. Stop by the office and sign up.

Lake Lure Tour

We will depart the Center at 8:30 am on **Wednesday, August 20, 2014** for Lake Lure, NC. Cost is \$8.00 for transportation payable when you sign up, lake lure tour is \$11.00 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered tour boats while your skipper guides you past local attractions and landmarks such as the locations used in filming the popular ***Dirty Dancing*** and the recently restored historic 1927 Lake Lure Inn and Spa. Listen to the legends, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign ups start on Wednesday, July 9, 2014

K-Mets Baseball Game

We will depart the Center **Friday, August 29, 2014** at 4:00 pm for a K-Mets vs Elizabethton Twins baseball game. Dinner is on your own at the Lone Star Steakhouse. Cost of bus/van is \$8.00 payable when you sign up and \$3.00 fee for the game payable at the gate. Sign ups start on Wednesday, July 16, 2014.

TOURNAMENT

Table Tennis: Come join us for a table tennis tournament on **Wednesday, September 10 2014** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-ups is Monday, September 8, 2014.

Woodshop Safety Class

Woodshop safety Class is held every 1st Monday of the month in the Card Rood at 9:00 am, sign up in the office.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Total Body Workout ~ 9:30 ~ Room 302 (new summer location)
Happy Day Singers ~ 9:45
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 8:00-11:00 ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:30 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Piloxing ~ 9:30 ~ Room 302 (new summer location)
Basketweaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Lap Swimming ~ 8:00-11:00am ~ Aquatics Center
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Zumba Gold Toning ~ 2:00 ~ Gym ~
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30 ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Total Body Workout ~9:30 ~ Room 302 (new summer location)
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 8:00– 11:00~ Aquatics Center
Strength Training ~ 10:15 ~ Gym

Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Lap Swimming ~ 8:00– 11:00 ~ Aquatics Center
Exercise for Everybody ~ 10:30 ~ Gym
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Lap Swimming ~ 8:00 — 11:00 ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Piano Lessons ~ 1:00 ~ Multipurpose Room
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Exercise room and computer lab also available.

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	Bob Winstead (Secretary)
Jean Chang	Norma Livesay
Carmon Moix	Lester Pridemore
Don Royston	Carol Woodard

TRAVEL AND SPECIAL EVENTS

Folkmoot/Art-Fest Festival with dinner at the Moose Café– Saturday, July 26, 2014– Waynesville, NC– 8:00a.m.-9:00p.m.– Cost: \$8.00 for transportation/ lunch on your own– This will be a street festical with in-ternational dancers, food and crafts– The moose café has been featured in Southern Living Magazine www.eatthemoosecafe.com– **Sign up now! Limited spots available.**

OTLB: Daniel Boone Inn– Friday, August 8, 2014– Boone, NC– Cost: \$8.00 for transportation– 9:00a.m.- 4:30p.m.- **Bring \$19.78 day of trip for lunch**– This is a family style lunch and there will be time for shopping at the General Store and downtown Boone– **Menu Includes:** Southern fried chicken, country style steak, country ham biscuits, Mashed potatoes with gravy, Green beans, Cut corn, Fresh stewed apples, Our signature coleslaw, Buttermilk biscuits, Choice of home-made dessert, soup or salad, Black cherry preserves, and drink- **Sign up now! Limited spots available!**

Roan Mountain Hobo Pack Picnic– **DATE CHANGE– Wednesday, August 13, 2014– 9:30a.m.- 4:30p.m.– Roan Mountain Shelter #2– Cost: \$14.00 for transportation and lunch– Bring sides for hobo pack– **Sign up now– We have 9 spots available.**



Basic Beginning Painting

Friday, July 25, 2014
Room 303
1:00p.m.-4:00p.m.
Cost: \$20.00 paid to instructor

Supply list available at signup

Instructor: Anne Thwaites

Sign up began June 25.

Bob Ross Style Painting

Wednesday, July 16, 2014
10:00a.m.-2:00p.m.
Room 303
Cost: \$50.00 paid to instructor
Jay Holdway

See example in display case.

Bring your lunch.

Sign up began June 18.

Senior Swim at the
Aquatics Center
8:00a.m.-11:00a.m.
Monday-Friday

TRAVEL AND SPECIAL EVENTS

Barter Theatre Stage II Presents:
"A Facility for Living"

Thursday, July 24, 2014
Abingdon, VA
10:30a.m.-6:00p.m.

Cost: \$20.00 plus lunch on your own at
Red Lobster

The Golden Girls meets One Flew Over the Cuckoo's Nest in the hilarious and possibly disturbing story of what life may be like in the not-so-distant future. For the residents of Federal Nursing Home #273, a penitentiary has been converted to a senior center, every day is a monotonous cycle of pills, old Ronald Reagan movies, and mandatory bedtimes, all overseen by the killjoy head nurse who has embraced her inner Nurse Ratched. When a new resident arrives to shake things up, this montley crew hatches an outrageous plan to break all the rules and prove that the Boomer Generation will not go down without a fight!

Sign up begins July 2.

Barter Theatre Presents:
"Welcome Back to Ivy Gap"

Tuesday, August 5, 2014
Abington, VA
10:30a.m.-6:00p.m.

Cost: \$20.00 plus lunch on your own at
Logan's Roadhouse

Welcome to First Baptist, where you'll find some of the most good-hearted, sharp tongued, casserole cookin' ladies in East Tennessee. Former pastor's wife Edith has returned to church to find trouble. A new pastor has been called from Texas and, well, let's just say hes no Billy Graham. Its an uproarious and uplifting comedy.

Sign up begins July 3.

Barter Theatre Presents:
"Ring of Fire: The Music of Johnny Cash"

Thursday, August 21, 2014
Abington, VA
10:30a.m.-6:00p.m.

Cost: \$20.00 plus lunch on your own at
Ruby Tuesday

It's a journey through the life of Johnny Cash, as told by his music. The Man in Black was a man like no other, whether he sang about his love for June Carter Cash, his hard-living, hard-partying ways, or his deep and abiding faith. A multi-talented cast performs his best-known hits, like "I Walk the Line, "Ring of Fire", "Folsom Prison Blues" or "Will the Circle Be Unbroken."

Sign up begins July 11.

Wohlfahrt Haus Presents:
"Then Sings My Soul"

Tuesday, August 26, 2014
Wytheville, VA
9:45a.m.-6:00p.m.
Cost: \$49.00 all inclusive

Wohlfahrt Haus Dinner Theatre is proud to present a brand new show featuring one of the most beloved musical genres of all time– Gospel Music. From historic spirituals to Southern Gospel to contemporary praise and worship, this inspirational show is overflowing with the songs you grew up singing and are still signing today. Songs from the Carter family, Elvis, Mahalia Jackson, The Gaithers, and many more will touch your soul like no other kind of music can.

Sign up begins July 2.

Your Page

From the Dancing Corner

There will be no dance in July due to FunFest

Options for Senior Care Seminar ~ August 14

Can you answer these questions?

-do you know about Service Options, non-medical, medical, IL, AL, nursing home or SNF, do you know what decisions to make if you are in a situation to have to make these choices?

-do you know about Financial Options; do you know your policies coverage, do you have LTC, do you know understand what financial benefits are available through the VA or where you retired?

- do you have a POA/Living Will?

-do you know how to protect yourself from theft, fraud, family members stealing or taking your money for granted?

If you can't answer them, or need more information on them, then attend the seminar on **August 14, at 12:30, in the card room**, entitled "Options for Senior Care".

Sign up in the office any time.

Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$20.00
Call to schedule appointment

An Afternoon of Rook and Potluck

Tuesday, July 29, 2014

1st floor Atrium

4:30-6:30p.m.

Cost: Bring a side dish to share

Sign up begins June 30.



Like to play chess? Join us on Monday's at 9:00a.m. in the lounge!

NEWS TO USE

Kingsport Senior Center Survey

Going through the accreditation process we found out we are weak in evaluations; so we formed an evaluation committee and came up with an annual survey. This will be done each June. We will also be conducting on-going evaluations for trips, classes, special events, etc. When you renew your membership you will be asked a few questions for an evaluation. We certainly appreciate all your help with this!

**Please fill out survey on pg 15 as your entrance into the sock hop on July 17.
May turn in early.**

"S.M.I.L.E" Volunteer Meeting

Thursday, July 10, 2014
Room 239
2:00p.m.-3:00p.m.

This meeting will be held every second Thursday of each month.

Guest speaker: Lizz Taylor—
Land a Hand Project

Cooking with Tracy

Monday, August 11, 2014
Lounge
11:00a.m.-12:30p.m.
Cost: \$2.00 paid at sign-up

Instructor: Tracy Laws
Maximum of 12 participants

Sign up begins July 11.

Hannah's Corner

4th of July Pancakes

Ingredients:

2 c. Bisquick
1 tbsp. Sugar
1 tbsp. unsweetened baking coca
1 c. milk
1 tsp. red food coloring
2 eggs
Whipped Cream
Fresh Blueberries

Directions:

Stir all ingredients with a wire whisk until well blended. Spray a griddle or skillet with cooking spray. Set on high to medium-high. For each pancake, pour about 1/4 c. batter onto griddle and cook 2-3 minutes on each side. Top pancakes with whip cream and blueberries for a patriotic and tasty breakfast.



Computer Class Schedule

Internet Security– Monday, August 11, 2014– 9:00a.m.-11:30a.m. and 1:00p.m.-3:15p.m.– Participants attend both sessions– Cost: \$10.00

What is the “cloud” and is it safe?- Monday, August 18, 2014– 9:00a.m.-11:30a.m.– Cost: \$5.00

Participants in these classes must have basic computer skills.



Genealogy Group , 9:00 am Friday

Computer lab is available when not being used for class.

The woodshop will close down every last Friday of each month for cleaning.

Don’t forget to like our facebook page! Facebook is a great way to find out what has been going on at the center and what will be happening.



KARAOKE will not meet in June, July or August

SMILE: Volunteers Wanted

- (See Michelle if interested)
- Library Book Day– July, etc.
- Volunteer Instructors
- Tour guides/Greeters for Center
 - Exercise Room
 - Office Clerical
 - Entertainment
 - Program Liaison
 - Computer Lab
 - Nutritional Assistant
- Scrap book for Senior Center

Attend SMILE meeting- Thursday, July 10 at 2:00 in Room 239.

Library Book Day
Thursday, July 17, 2014

Kingsport Senior Citizens Center



Presents a Fabulous 10 Days/9 Nights Vacation To
San Antonio, TX / New Orleans, LA



Your Package Includes:

9 Nights Hotel Accommodations including:

4 Nights in San Antonio, 1 Night in New Orleans & 2 Nights in Tunica

8 Breakfasts & 5 Fabulous Dinners to include:

1 Dinner at the Rio Cibola Guest Ranch with A Twilight Hayride and

1 Dinner at the New Orleans School of Cooking

Hotel Reception with Hot Food & Cold Beverages

City Tour of San Antonio to Include The Alamo

*Your tour of San Antonio will include visits to **San Fernando Cathedral, King Williams Historical District, the El Mercado Market** and much more!*

The Imax Theater Featuring "Alamo – The Price of Freedom"

Explore the Famed San Antonio Riverwalk with Boat Cruise

Explore the Lyndon D. Johnson National Historic Park

While there tour the LBJ Ranch and see the "Texas White House"

Institute of Texan Cultures w/ Guided Tour

Admission to National Museum of Pacific War

*The National Museum of the Pacific War is the only institution in the continental United States dedicated exclusively to telling the story of the Pacific Theater battles of World War II. Located on a six-acre site, the Museum includes the **George Bush Gallery***

Visit to the San Antonio Missions National Historical Park

Guided Tour New Orleans

See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery.

New Orleans Natchez Riverboat Cruise

Tunica Casino Bonus Package*

Standard Taxes, Meal & Driver Gratuities & Baggage Handling

Deluxe Motor Coach Transportation

For Information and/or Reservations, Please Contact:

Marlana Williams @ 423-392-8405

Date: September 21 – September 30, 2014

Price: \$1399.00 Per Person – Double Occupancy

TRAVEL PROTECTION: Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$145.00** per person-double occupancy.

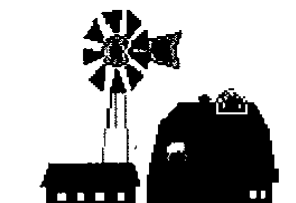


Last chance to sign up for this wonderful trip!

Kingsport Senior Center

Presents a Fabulous Trip To

Lancaster, PA



Your 3 Day/2 Night Package Includes:

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

2 Dinners Including 1 Amish Style Dinner Feast

A Sight & Sound Theater Production "Moses"!

The parting of the Red Sea ... the Burning Bush ... the Plagues ... the Ten Commandments ... finally ... the greatest Biblical epic of the Old Testament comes to life on the Sight & Sound stage in Moses!

Guided Tour of Lancaster County

Taking you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon.

Visit Hershey's Chocolate World

Enjoy the Great American Chocolate Tour, where you will see, feel and hear the processes that deliciously transform the beans into milk chocolate!

Shopping at an Amish Farmers Market

You will find Amish quilts, crafts and furniture as well as fresh produce, cheese, meats, baked goods and more!

Standard Taxes, Meal Gratuities and Baggage Handling,
Motor Coach Transportation



For Information and/or Reservations, Please Contact:

Shirley Buchanan @ 423-392-8405

Trip Date: November 17 – November 19, 2014

Price: \$404.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$51.00/person --

Sign up now!

\$100 deposit due by August 15, 2014

Final Payment Due September, 15, 2014

Trip to Australia and New Zealand **April 18th - May 6th 2015**

We have had many requests to take a trip to Australia and New Zealand.

The Center offered a trip to Australia last year but many of you expressed concerns to our travel committee about the length of the flight. We did not have enough people interested to take that trip due to the length of the flight. The travel committee has researched a way to go to Australia and New Zealand with a two day flight schedule that will be much easier than the previous 16 or more hour flight time. The first day we will travel to Honolulu, Hawaii, a dinner luau will be offered that evening along with an overnight stay. The next day we will travel to Australia and board Royal Caribbean's "Radiance of the Sea" for a Trans-Pacific cruise. We will cruise stopping in New Zealand, Tahiti, Moorea, Bora Bora, and then end in Hawaii for the flight home. Limited space has been reserved on Royal Caribbean for this trip so if you are interested please let me know or stop by the office for the specifics of the trip. This trip is a special one and is not normally offered by the Center. It would be a great retirement present or a great Christmas/Birthday present. Please call Shirley Buchanan 392-8403 for more information or stop in to see me.

Summer 2014 BRANCH SITE SCHEDULE


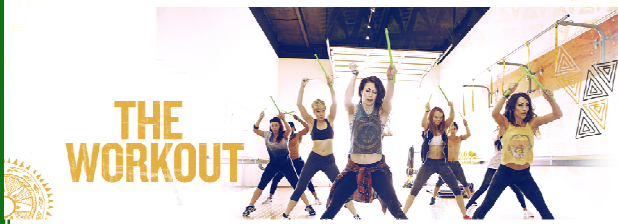
<p><u>Core Conditioning</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks• Great for all ages• Gain core strength <p><u>Beginning Crochet (May 13)</u></p> <ul style="list-style-type: none">• Tuesday• 6 week class• 11:00-• Instructor: Susan Egan• Location: Lynn View Branch Site• \$20.00• Must be right handed, call for materials list. 765-9047 <p><u>Intermediate Crochet (May 13)</u></p> <ul style="list-style-type: none">• Tuesday• 6 week class• Instructor: Susan Egan• Location: Lynn View Branch site• 11:30• \$20.00• Bring your own pattern <p><u>Beginning Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 10:00am - 12:00 noon• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Basic drawing class <p><u>Advanced Drawing</u></p> <ul style="list-style-type: none">• Wednesday• Time: 9:00am –11:00am• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Must have taken the beginning class or have permission of the instructor <p>Line Dance Classes will be self directed with no instructor June 2-16. CD and Boom Box will be available.</p> <p><u>Line Dance - Beginning</u></p> <ul style="list-style-type: none">• Monday• Time: 11:15am - 12:00pm• Location: Ren Center Gymn• Instructor: Lyna Faye McConnell <p><u>Line Dance - Intermediate</u></p> <ul style="list-style-type: none">• Monday• Time: 12:15pm –1:15pm• Location: Ren Center Gym• Instructor: Lyna Faye McConnell• Faster-paced, less instruction for advanced dancers.	<p><u>Advanced Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:00am - 11:30am• Location: First Broad Street UMC Rec. Room• Instructor: Tish Kashdan <p><u>Private Personal Training with Chris</u></p> <ul style="list-style-type: none">• Call for appointment ~ 723-9967• Call for prices• Instructor: Chris Hicks <p><u>Artist and Crafters Monthly Breakfast</u></p> <ul style="list-style-type: none">• 2nd Tuesday• 9:30am• Lynn View Branch Site• Please call for reservation 765-9047 <p>No meeting June/July</p> <p><u>Strength Training</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 9:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Yoga</u></p> <ul style="list-style-type: none">• Tuesday and Thursday• Time: 11:30am - 12:30pm• Location: First Broad Street UMC• Instructor: Tish Kashdan <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none">• Tuesday 10:45am• Location: Lynn View Branch Site• Instructor: BJ Goliday• Minimum of 8 students required <p><u>SilverSneakers Muscular Strength and Range of Movement</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 10:00am• Location: Lynn View Branch Site• Instructor: Chris Hicks <p><u>Piloxing</u></p> <p><u>*New Location for summer”</u></p> <ul style="list-style-type: none">• Tuesday• Time: 9:30am• Location: KSC room 302• Instructor: Terri Bowling• This class is a combination Pilates and kick boxing and is an intense workout.	<p><u>Total Body Workout</u></p> <p><u>* New Location for Summer*</u></p> <ul style="list-style-type: none">• Monday and Wednesday• Time: 9:30am• Location: KSC room 302• Instructor, Terri Bowling <p><u>Game Day</u></p> <ul style="list-style-type: none">• 3rd Tuesday of Month• Time: 12:00 noon• Lynn View Cafeteria• Group Leader: TBA• Sequence and variety of board games• <p><u>Pickleball</u></p> <ul style="list-style-type: none">• Monday, Wednesday & Friday• Time: 1:00pm - 3:00pm• Lynn View Branch Site <p><u>Silver Sneakers Yoga</u></p> <ul style="list-style-type: none">• Wednesday• Time: 11:00am• Location: KSC Gymnasium• Instructor: Darlene Taylor <p><u>Indoor Walking</u></p> <ul style="list-style-type: none">• Monday - Friday• Time: 9:00am - 12:00 noon• Location: Colonial Heights Baptist Church walking track• There will be a roster in the gym office at the church. Please sign the roster as with any other class. <p>Silver Sneakers Yoga</p> <p>Thursdays</p> <p>Time: 11:00</p> <p>Location: Lynn View Branch Site</p> <p>Instructor: Chris Hicks</p>
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Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website www.kingsportseniorartisancenter.com

And like us on Facebook

<div data-bbox="108 475 677 615">  </div> <div data-bbox="108 693 687 1069"> <p>Summer 2014 Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> </div> <div data-bbox="108 1106 687 1696"> <p><u>JOB SKILLS</u> <u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> </div> <div data-bbox="108 1734 687 2212"> <p><u>HEALTH/EXERCISE</u></p> <p>Pound Fit * NEW* Coming Soon! POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!</p> </div> <div data-bbox="88 2355 677 2567">  </div>	<div data-bbox="711 506 1292 1314"> <p>Women’s Self Defense *NEW*</p> <ul style="list-style-type: none"> • One Day Workshop • Saturday, June 14th • 10:00-12:00 • Instructor: Luke Noce • Fee: \$25 • Location: Kingsport Renaissance Center <p>Come learn simple, and effective techniques to protect yourself. Don not be a victim, you can defend yourself against any attacker! Learn the basics of Krav Maga for self defense against rape, assault, and other attacks. This will be an interactive, seminar covering multiple combative techniques. Discussion topics will include situational awareness, defense mindset, and more. Join us for a non-judgmental, and safe day of training. Seminar will be open to females 12 and up, absolutely no experience necessary. Recommended equipment is comfortable athletic attire, tennis shoes and water.</p> </div> <div data-bbox="711 1320 1292 2051"> <p>Senior Adult’s Self Defense *NEW*</p> <ul style="list-style-type: none"> • One Day Workshop • Saturday, June 28th • 10:00-12:00 • Instructor: Luke Noce • Fee: \$25 • Location: Kingsport Renaissance Center <p>As we age, our body’s physical capabilities change, but that does not stop us from being able to protect ourselves against those that mean us harm. Come learn Krav Maga techniques that work for any level of mobility; we don’t expect you to fit our mold, we want to shape the mold around you. You will learn basic defenses against robbery, assault, and abuse that can be adapted for any physical limitations. Come see what you are capable of, after 50! Seminar is open to all seniors, athletic attire, tennis shoes and water recommended.</p> </div> <div data-bbox="711 2088 1292 2237"> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) </div> <div data-bbox="711 2275 1292 2529"> <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria </div>	<div data-bbox="1320 506 1901 761"> <p>Self Defense for Kids/ Anti Kidnapping</p> <ul style="list-style-type: none"> • One Day Workshop • Wednesday, July 9th • 5:30-7:00 • Instructor: Luke Noce • Location: Kingsport Renaissance Center • Fee: \$25 </div> <div data-bbox="1320 767 1901 1721"> <p>We want the best for our children, and never want to believe that they can be a victim, but each year thousands of children encounter an abductor or attacker. Equip them with the knowledge to make it home safe, in the rare chance that they encounter the worst case scenario. Krave Maga uses simple and effective techniques, to give your kids the tools to protect themselves when you are not around. We will show your children that they are able to protect themselves against a full grown adult, while simultaneously learning danger avoidance. We will cover topics ranger from stranger danger, safety awareness, anti-bullying techniques, and when appropriate physical self defense. Fun and engaging techniques will keep your child interested, while we teach them important life skills, and responsibility, in a positive and motivating environment. This is not your typical Karate class! Any child from 5-123 is welcome. Please dress them in clothing suited and shoes appropriate to physical activities. We encourage parents to remain and watch, and maybe even participate</p> </div> <div data-bbox="1320 1759 1901 2604"> <p>Adult Coed Basic Self Defense</p> <ul style="list-style-type: none"> • One day workshop • Saturday, July 26th • 10:00-12:00 • Instructor: Luke Noce • Location: Kingsport Renaissance Center • Fee: \$25 <p>Krav Maga means contact combat, and is the premier self defense system, for the modern world, We will teach you proficiency in self protection in a short period of time. It is used by special forces, military, and law enforcement world wide because it is so effective, but it is simple enough for anyone to learn, regardless of size, or strength. Using techniques from multiple combat, martial arts systems, we want to teach you how to survive any encounter, You will learn a principle based system, that is easy to use and remember, under the most stressful circumstances. Come join us for an introductory workshop. Go home safe! Open to ages 16 and up.</p> </div>
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Kingsport Senior Center Survey

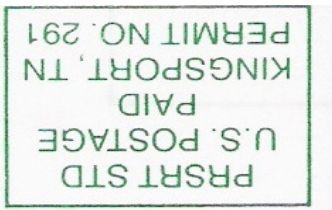
Please **CHECK** the best answer for each of the following questions:

	< 1 Year (1)	1-5 Years (2)	6-10 Years (3)	10+ Years (4)		
Approximately how long have you been coming to the senior center?						
	Daily (1)	2-4 X per Wk(2)	1 X per Wk (3)	1-3 X per Mo. or less(4)		
In general, how often do you come to the senior center?						
3. Where do you most often get information about senior center activities? Check all that apply.						
<div><div><input type="checkbox"/> Local newspaper (1)</div><div><input type="checkbox"/> Flyers posted in center (3)</div><div><input type="checkbox"/> Television (5)</div><div><input type="checkbox"/> Other (Specify) (7)</div></div> <div><div><input type="checkbox"/> Website (2)</div><div><input type="checkbox"/> Sr center newsletter (4)</div><div><input type="checkbox"/> Friends (6)</div></div>						
	Strongly Agree	Agree	About the Same	Disagree	Strongly Disagree	N/A
1. Overall the senior center is clean and attractive.						
2. Staff is professional.						
3. Staff is responsive to my needs.						
4. Staff is friendly & courteous.						
5. Staff is knowledgeable of activities and services.						
6. Would you be interested in volunteering ?						
7. I am happy with the exercise & fitness classes offered.						
8. I am happy with the health & wellness education presentations and screenings.						
9. I am happy with the educational classes offered.						
10. I am happy with the recreational & social activities offered.						

We are always working to improve your senior center environment and facility. Please tell us if there are other programs, activities or services you would like to see offered at the senior center.

Please share any other concerns or comments that will help us serve you better

Name (optional) _____
For more information on the senior center, please call 392-8400, or for more information on volunteering please call Michelle at 423-392-8404.



**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

Picnic at Allandale



**Tuesday, August 19, 2014
Allandale Pavilion
11:30a.m.-1:00p.m.
FREE**

**Sponsored by Appalachian Community Federal
Credit Union**

Join us for great food and bingo with excellent prizes!

Sign up begins July 18.